

# [facs] Fw: Butter or Margarine?? maybe you can use this in your foods classes.

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>Pass the butter ~ ~ ~ ~ This is interesting.  
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>Margarine was originally manufactured to fatten turkeys. When it  
>killed  
>the turkeys, the people who had put all the money into the research  
>wanted a payback so they put their heads together to figure out what to  
>  
>do with this product to get their money back. It was a white substance  
>with no food appeal so they added the yellow coloring and sold it to people  
  
>to use in place of butter. How do you like it? They have come out with some  
  
>clever new flavorings.  
>DO YOU KNOW.the difference between margarine and butter?  
>Read on to the end...gets very interesting!  
>Both have the same amount of calories.  
>  
>Butter is slightly higher in saturated fats at 8 grams compared to 5  
>grams.  
>  
>Eating margarine can increase heart disease in women by 53% over  
>eating  
>the same amount of butter, according to a recent Harvard Medical  
>Study.  
>  
>Eating butter increases the absorption of many other nutrients in other  
>foods..  
>  
>Butter has many nutritional benefits where margarine has a few only  
>because they are added!  
>  
>Butter tastes much better than margarine and it can enhance the flavors  
>of other foods.  
>  
>Butter has been around for centuries where margarine has been around for  
>less than 100 years.  
>And now, for Margarine..  
>Very high in trans fatty acids.  
>Triple risk of coronary heart disease.  
>  
>Increases total cholesterol and LDL (this is the bad cholesterol)  
>and Lowers HDL cholesterol, (the good cholesterol)  
>Increases the risk of cancers up to five fold.  
>Lowers quality of breast milk.  
>Decreases immune response.  
>Decreases insulin response.

>  
>And here's the most disturbing fact.... HERE IS THE PART THAT IS VERY  
>INTERESTING!  
>Margarine is but ONE MOLECULE away from being PLASTIC..  
>  
>This fact alone was enough to have me avoiding margarine for life and  
>anything else that is hydrogenated (this means hydrogen is added, changing  
>the molecular structure of the substance).  
>You can try this yourself:  
>  
>Purchase a tub of margarine and leave it in your garage or shaded  
>area. Within a couple of days you will note a couple of things:  
>  
>\* No flies, not even those pesky fruit flies will go near it (that  
>should tell you something)  
>  
>\* It does not rot or smell differently because it has no nutritional  
>value; nothing will grow on it Even those teeny weenie micro-organisms will  
  
>not a find a home to grow. Why? Because it is nearly plastic.  
>Would you melt your Tupperware and spread that on your toast?  
>  
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